

# STORIES FROM WITHIN

*BLESS Mums has been beneficial to me mentally and emotionally. I was introduced to new skills that I never knew could add value to my life. I tend to feel quite down when I'm tired. Before attending the BLESS Mums workshop on self-care, I was not aware that incorporating self-care does not necessarily have to be expensive; it can be something simple yet still effective in uplifting my day. As we have many things to juggle in our lives, we lack the time and opportunity to expose ourselves to new experiences. Hence, I am thankful that BLESS Mums provides us with the chance to be equipped with useful skills. Even better, I get to do it with a bunch of mums that I can relate to!*

*Kelly Lum*

*BLESS Mums Participant*

BLESS MUMS